

Citrus Vinaigrette

A delicious alternative to the traditional oil and vinegar, this light, slightly sweet dressing is low in fat and is practically sodium-free! Makes about 1 1/2 cups

Ingredients

- 1 orange, peeled and chopped
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 3/4 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 T honey
- Fresh ground pepper



Directions:

Mix all ingredients and shake well.

Nutritional information per 2 T serving:

Calories 70

Fat 5 g

Carbs 7 g

Sodium 10 mg

Source: <https://www.healthatoz.com/portal/Atoz/hl/nutr/food/reccitrus.jsp>